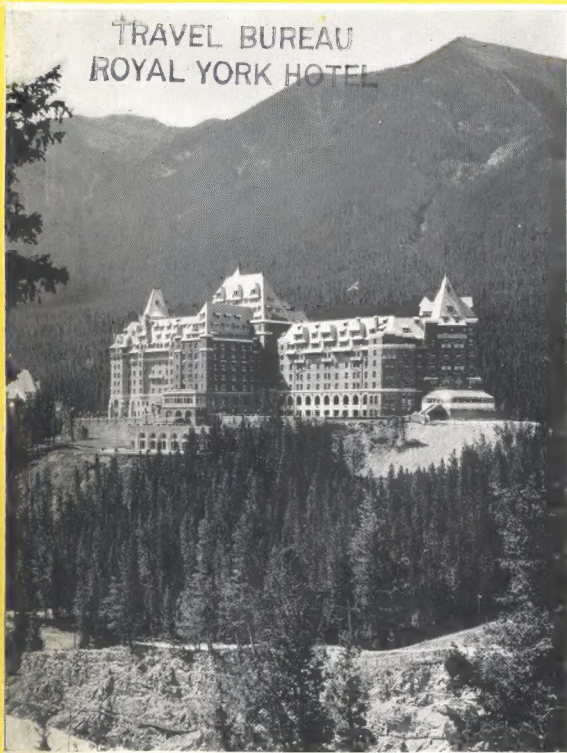


WHAT TO DO AT BANFF

in the Canadian Rockies

TRAVEL BUREAU
ROYAL YORK HOTEL



BANFF SPRINGS HOTEL
A Canadian Pacific Hotel

BANFF SPRINGS HOTEL

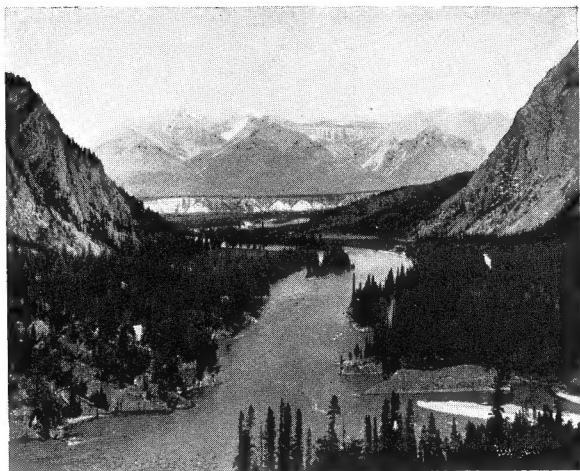
A CANADIAN PACIFIC HOTEL

4,625 feet above sea level

OPEN IN 1930 FROM MAY 15TH TO OCTOBER 1ST

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The Bow River—Seen from the Hotel

LONG AGO—some forty years to be exact—an early pioneer named this spot Banff the Beautiful, and so it has been called ever since; for here Nature seems to have bestowed every imaginable scenic asset upon the region. An exquisitely forested, flower-filled valley is watered by the blue-green Bow River, which first winds past alpine meadows in which black bear and deer pasture, and then tumbles down in a gorgeous fall just below the spacious verandas of the Canadian Pacific Hotel—only to flow smoothly on again through the giant ravine that lies between Mount Rundle and Tunnel Mountain.

The view down the Bow Valley from the wide terraces and long windows in the luxurious lounges of the famous Banff Springs Hotel is one of the most superb in the world, and offers an unrivalled panorama of dense green masses of pine and spruce sharp scythe-cut by the sparkling Bow and Spray Rivers, the great massive Rockies framing the picture on either side; while stretching away to the east a chain of snow-capped peaks hems in the farther end of the canyon.

The figures following the names of mountains in this booklet are the heights of them, in feet, above sea level.

PRINTED IN CANADA—1930



Bow Falls, close to the Hotel

There on your right lies Mount Rundle (9,665) with its queer "writing-desk" formation and sharp-toothed ridge of pearl-grey rock; to the left rises Cascade Mountain (9,826), with its impressive barren contours and its silvery stream that falls like a crystal fringe from near the summit down to the spot where the whole cascade (which gives the mountain its name) disappears into the ground to run subterraneously to join the Bow River. In front of you, facing westward, towers the Fairholme Range, with Mount Peechee (9,615), named after the Stony Indian who led Sir George Simpson safely through The Gap into the Rocky Mountains in 1841, when the Red men were by no means so peaceful as they are today, guarding the southern end, while Mount Inglismaldie (9,715) terminates the Range to the north. Could anything be lovelier than this Valley of the Bow?

The Stony Indian

HERE ARE graven on tree and stone, and in legendary lore, the ancient historical associations of Cree, Sioux and Stony Indian—stalwart braves with their patient squaws and little papooses, many of whom still camp out among the mountains, eating the wild game they hunt and the fish they catch and dry in the sun, mixed with roots and berries. Most of the Stonys, however, now live on the Indian Reserve at Morley, a forty-mile ride from Banff.



Mount Rundle

Memories of the Past

INDIAN PLACE-NAMES lie thick upon the land, such as Ghost River, Devil's Gap and Stony Squaw, coupled with memories of the first coming of the White Man to the "Shining Mountains;" such as Pierre de la Verendrye, who first sighted the foothills beyond Banff, in 1743; Sir George Simpson, who in 1841 entered the Rocky Mountains on the first overland journey ever undertaken round the world from east to west, and so passed across the site of the present-day little town of Banff; Captain John Palliser, who discovered the Kicking Horse Pass; Sir James Hector, whose monument may be seen at the Great Divide on the Canadian Pacific Railway line at the summit of the Range; and all those eminent railway builders who between the years 1880-1885 toiled on this great line.

Banff Springs Hotel

BANFF HAS BEEN for many years one of the most popular mountain resorts on the continent—due not only to its environment, but also to the beautifully situated and splendidly appointed Banff Springs Hotel—a Canadian Pacific hotel. The entire first floor is given over to the



Banff Springs Hotel, from across the Bow River

public rooms, artistically decorated and furnished, in which the architect has provided a Scotch baronial atmosphere. Among the features are the period suites—the Vice-Regal, Georgian, Jacobean, Tudor, Swiss and Italian; the period influence also dominates the lounges, including the magnificent Mount Stephen Hall.

At the hotel there is entertainment all the time. One could be perfectly happy just looking out towards the enclosing mountains, watching the swimmers in the warm sulphur water pool, swimming oneself, playing tennis, or studying the cosmopolitan types which one meets at this great caravanserai. There is an excellent Turkish bath at the hotel, very popular with those who come in after a game of golf or an hour in the saddle. The spacious luxurious lounges invite one to succumb to a contented laziness.

An excellent orchestra plays at the luncheon and dinner hours and provides the music for dancing in the evening, and a library of up-to-date fiction is available for those inclined to read.

Your First Day at Banff

ON THE MORNING of your first day at Banff it is easy to see a great number of interesting things and places, and so gain a very good idea of the natural resources and marvels of the locality. A morning motor drive (either



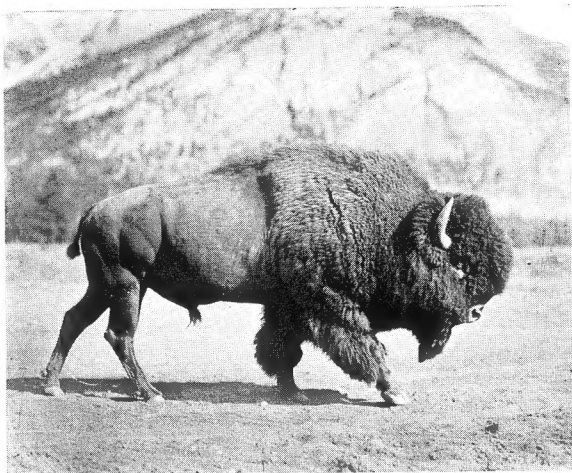
Cascade Mountain and Banff Village

in a private car, or one of the many comfortable touring busses) through the little mountain town of Banff, where as you drive along the main street you will find churches, shops, cinemas and modern dance halls interspersed with groups of cow-boys in woolly chaparejos and gay-colored "neckerchiefs," sloe-eyed Indians in buckskin coats and moccasins, packers, trappers, guides and other truly mountain men, for here western conditions and eastern civilization meet at the edge of the Rockies, and the combination is extraordinarily attractive.

The Museum and Zoo

SITUATED IN the middle of the town is an excellent Dominion Government Museum of flora, fauna, geological and Indian relics; also a capital Zoo where you can see many wild animals of the Rockies, such as grizzly bear, mountain sheep and goat, cougar and lynx, in captivity. Near the bridge are the Administration Offices of the Park and the Royal Canadian Mounted Police headquarters.

There is also a most interesting fish hatchery near the river on the hotel side of the bridge, which is well worth a visit.



In the Buffalo Park

The Hot Springs

HAD BANFF not become famous for its beauty, it must have become famous for its hot springs, which are amongst the most important of this continent. The five chief springs have a total flow of about a million gallons a day, and issue from the ground the year round at a temperature ranging from 78 to 112 degrees Fahrenheit. Winter makes no difference to the temperature of the water. The chief constituents are calcium sulphate, or gypsum, calcium bicarbonate and magnesium sulphate, and their therapeutic value is very high. The springs, which are also radio-active, have been developed by the erection at two of them of bath houses and swimming pools.

Swimming

EXCELLENT SWIMMING in warm sulphur water is afforded at Banff Springs Hotel, which has its own large and beautiful open-air pool. Here, where the temperatures of the summer air and the water are delightfully blended, and spring diving-boards offer opportunity for sport to expert swimmers, the sloping depth of the bath gives confidence to beginners at the shallow end; while the cold fresh water pool adjacent to the warm bath provides an invigorating plunge.



The Cave and Basin

The Cave and Basin

IN THE COURSE of your drive you should visit the natural Cave and Basin, where marvellous hot sulphur springs flow out of the mountain-side and, boiling up through the ground, are caught in a fine \$150,000 swimming pool and series of private baths built by the Government; there is always a crowd of people here enjoying the swimming, and drinking the beneficial waters. A short distance farther on is the Sundance Canyon, a narrow rift in the towering cliffs where many rock-plants bloom in the crannies, watered by the melting snows that trickle down from the ice-fields above.

Upper Hot Springs and Observatory

THERE IS also a swimming pool at the upper Hot Sulphur Springs on Sulphur Mountain, $1\frac{1}{4}$ miles by trail or three miles by road, situated at an elevation about 800 feet higher than the hotel. This is on the way to the Observatory on the top of Sulphur Mountain, which can be reached only by trail (five miles from the hotel, requiring four to six hours for the return trip). An automobile can be taken part of this distance.

The Animal Corral

THIS IS an immense fenced-in area where a herd of buffalo, mountain sheep, goat, moose, antelope and other kindred of the wild roam at will through the vast



The Swimming Pool, Banff Springs Hotel

forested pasturage. You can drive into this corral quite close up to the buffalo, which, by the way, are really bison, and enjoy studying them in their natural surroundings. A new route may be followed on your way back to the hotel, that will afford beautiful views of the Sawback Range with the lovely chain of Vermilion Lakes in the foreground, and the Massive Range rising up to 9,950 feet into the sky.

Golf

AN EIGHTEEN-HOLE golf course, superbly located on the banks of the Bow River, and guarded by huge bastions of rock, turreted and pinnacled like the fortified castle of old, is open to all visitors to Banff on payment of green fees. The course has been entirely reconstructed by the Canadian Pacific, under the supervision of the famous golf architect. Stanley Thompson, and now offers one of the finest, most perfectly balanced and most scenically beautiful courses in the world. Starting from within 300 feet of the Banff Springs Hotel, it has a length of 6,640 yards and a par of 71. One feature, to suit all types of golfers, is the use of three tees for each hole, providing three courses—long, medium and short. The fairways are doubly wide, with two routes to each hole.



On the Tennis Court, Banff Springs Hotel

The rates charged at Banff Springs Golf Course are as follows:

Per day or per round	\$ 3.00
Per week	15.00
Per month	50.00
Per season	75.00

Tennis

FOR TENNIS PLAYERS there are several admirable courts, and the exquisite summer climate of Banff being very conducive to both golf and tennis a large number of people may always be seen enjoying the games.

Dancing

DO YOU dance? What an absurd question to ask in these days when everyone from seven to seventy years of age delights in good music, a good floor and a good partner! The ballroom at the Banff Springs Hotel is superb, and every evening an excellent orchestra is in attendance there, so that you can dance to your heart's content; for so invigorating is the alpine air at this altitude that even after the most strenuous hours spent out among the mountains, you will enjoy a dance on your return in the evening as much as if you had spent an idle day.



A Scene During "Indian Week"

Boating and Launch Trips

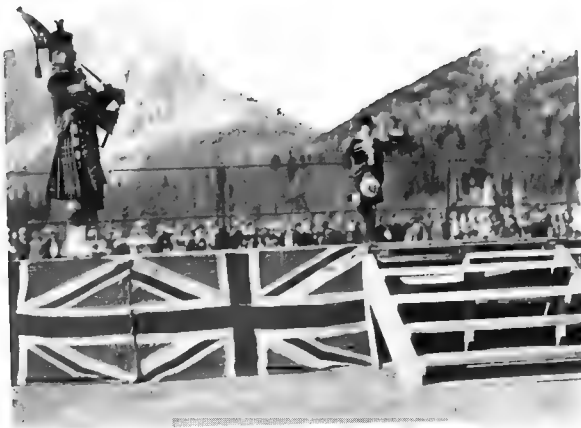
A FEW MINUTES from the bridge is the Bow River Boathouse. From here motor launches set out several times a day on a twelve-mile trip in which the surrounding mountains are seen from a unique and advantageous point of view. Here, also, canoes and row boats are obtainable. Echo River and Willow Creek, overhung with arching trees, are especially attractive to those who wish to row or paddle on tranquil mountain streams; by following Willow Creek the lovely Vermilion Lakes are reached.

Recreation Grounds

THIS SECTION of the park, by the Bow River, is not far from the bridge and can be reached by a delightful road by the river, or from the Cave and Basin motor road. There is a building for recreation purposes, also spaces for baseball, tennis, football and cricket. The club house of the Banff Gun Club is not far distant, and here trap shooting competitions are held

Walking and Riding

THERE ARE MANY delighted walks and rides in the immediate vicinity. The roads are good and the trails especially lovely. The Bow Falls are only a few minutes'



During the Highland Games

walk from the Banff Springs Hotel; the trail which goes up the hill near them affords a lovely view of the falls and the rapids farther up stream.

The Tunnel Mountain motor road, on the east side of the river, gives beautiful views of the town, Bow Valley and the surrounding peaks. A trail branches off this road almost opposite the hotel, practically above the falls; following the river, at times leading into tiny meadows, it eventually comes out at the far side of Tunnel Mountain. The motor trip up this mountain should also be taken.

The Cave and Basin and Sundance Canyon, two objectives for a walk or ride, have already been mentioned. There are also short delightful trails through the woods between Spray Avenue and the motor road leading to the Upper Hot Springs

There are pony trails and short cuts up Tunnel Mountain which one can take if walking. It makes an easy climb; its elevation is only 5,540 feet. Stony Squaw, north of Tunnel Mountain and 620 feet higher, is really a walk. It is fascinatingly green in a world of grey peaks and snow-fields; and those who are attracted up its slopes are well repaid.

Sulphur Mountain is another delightful walk. The novice will, no doubt, insert the word "climb," and argue



Mountain Sheep on the Banff-Lake Louise Road

the word "walk" is incorrect. Sulphur is 8,040 feet, with the Observatory at the summit. To shorten the climb, a motor can be taken to the foot of the trail, thus lessening the distance. One of the pleasantest ways of ascent is on the back of a pony. On the long wooded slope of this mountain is the club house of the Alpine Club of Canada.

Motoring

ONE OF the first questions asked by a tourist arriving at his destination in the Rocky Mountains is "Where can I motor to?" At Banff the Beautiful the answer is so varied that a brief enumeration of a few specially delightful trips will be in order. Of course, the shorter runs will carry the first appeal; but having seen these nearby places, it is to points of interest farther afield that your thoughts will turn, and after deciding whether to engage a private motor and make trips at your leisure, or to join some well-planned excursion in one of the many sight-seeing busses, which leave the Hotel daily for points in all directions, you can then settle upon your objective.

In a motor you can approach close to many glorious mountains with glaciers like great green emeralds set in their rocky sides—run along the shores of lakes of amethyst.



Fishing at Lake Minnewanka

opal and pearl, catch glimpses of the perfumed valleys, and pass through forests beneath whose fir trees dainty wild flowers blossom in profusion.

The Automobile Agent has an office in the hotel, where trips may be planned. All rates are according to a Government tariff.

Lake Minnewanka

A SHORT MOTOR run is to Lake Minnewanka, eight miles north of Banff, and about fourteen miles long. From the hotel the route lies through the town, east of Stony Squaw and Cascade Mountains, past the buffalo park and through Bankhead to the lake at the head of Cascade Creek. A weird, elusive beauty made the Indians rightly name it "Spirit Water." A motor launch runs to the end of the lake, and about half-way passes the beautiful little Aylmer Canyon, over which towers Mount Aylmer (10,365 feet high), while facing it on the opposite shore rises the head of Mount Inglismaldie (9,715 feet). Row boats are obtainable, and large trout may be fished for. Lake Minnewanka Chalet, on the lake shore, is a popular place for afternoon teas and meals.

To Johnston Canyon and Lake Louise

A WELL-GRADED road leads out from Banff westward for sixteen miles up the Bow Valley to Johnston

Canyon, where a series of waterfalls, ending in a final foaming cascade, is most attractive, and a very enjoyable picnic may be made up the Canyon or lunch partaken of at the rustic Tea House located near the highway.

Past Johnston Canyon the road continues, past the imposing battlemented and serrated cliffs of Castle Mountain on the north, and the snow-capped dome of Mount Temple on the south, to Lake Louise, a spot so beautiful that no one who visits the Canadian Rockies can afford to miss seeing it. A jade-green lake that is stained rose-pink at dawn by the rising sun, and again at eventide garners up tints of topaz and coral from the declining sun, as huge avalanches come crashing down off the snowy heights of Mount Victoria onto the moraine below—a lake that glistens in the noonday, and gleams with opalescent radiance beneath the star-sown purple of the sky—there it lies like an alabaster cup of absinthe held high in the stone hands of the gigantic peaks, which rise up around it.

At Lake Louise is the well-known Chateau Lake Louise, another Canadian Pacific hotel.

To Moraine Lake

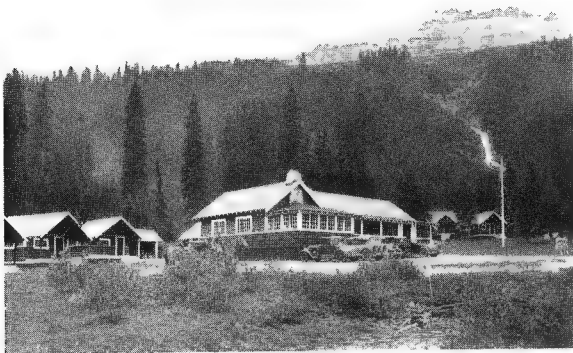
AT LAKE LOUISE, another nine miles of excellent road brings you to Moraine Lake, where the Ten Peaks (all over 10,000 feet high) stand in a giant semi-circle about the sapphire lake.

Here an artistic Bungalow Camp offers you a meal of real "home-cooked" food, and a pleasant stay, should you decide to spend a few days beneath its friendly roof, scrambling about in search of lovely view-points and fragrant wild flowers or fishing for cut-throat trout in nearby Consolation Lake.

Yoho Valley and Emerald Lake

THE LAKE LOUISE road has now been continued as far as Field, Emerald Lake and Golden. Leading west on a high line to the Great Divide, and crossing the railway to near Wapta Lake, it follows the Kicking Horse River down to Field. At Wapta Lake is a most attractive Bungalow Camp.

A branch road leads to the Yoho Valley, a region of exceptional beauty, where the great Takakkaw Falls, 1,200 feet high, bursts out from under the glacier lying between Mount Balfour and Mount Niles, and pours foaming down into the green lap of the virgin forest. The Yoho Valley Bungalow Camp is another delightful one, and tourists are advised to stay over a night there when



Yoho Valley Bungalow Camp

on a motor trip. Emerald Lake, with its delightful chalet and restful club house, lies at the end of another branch road, the culmination of spectacular scenery.

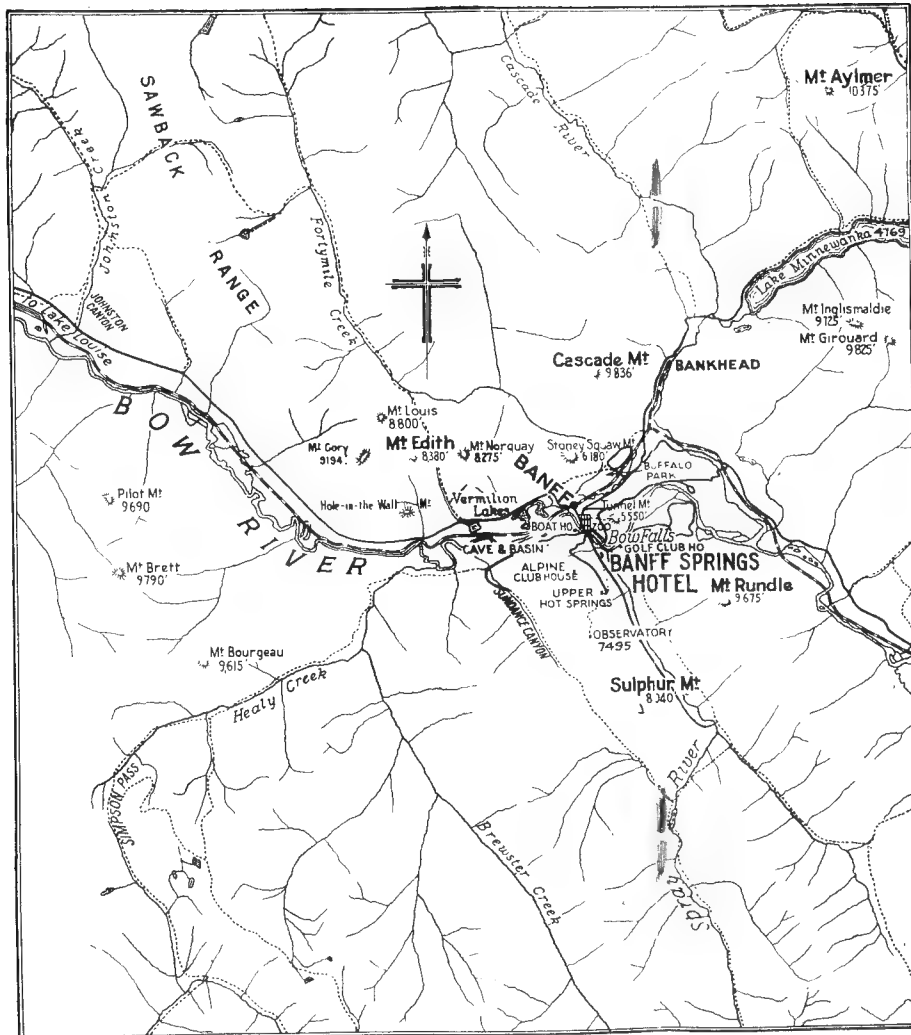
The Kicking Horse Trail

FROM EMERALD LAKE an extension opened in 1927—"Kicking Horse Trail"—leads to Golden, on the mighty Columbia River. This is a most spectacular ride.

At Golden, the Columbia River road, running south to Lake Windermere and Cranbrook, joins this road, and makes a magnificent circle trip which is mentioned elsewhere under the name of "The Lariat Trail."

24-Hour Motor Detour

ONE OF the finest of the organized automobile excursions is the "24-Hour Motor Detour." This is from Banff to Golden, and gives a rapid survey of the "highlights" of the nearer mountain region. Leaving Banff after lunch, a 42-mile run is made to Lake Louise, and the night spent at the Chateau Lake Louise. Next morning the journey continues to the Great Divide, Wapta Lake, the Kicking Horse Pass, Yoho Valley, Emerald Lake, the Kicking Horse Canyon and Golden. Similar schedules are established in the reverse direction.



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Motor Trips from Banff

Two of the magnificent motor trips available from Banff are:

The 24-Hour Motor Detour

—Leaving Banff each afternoon, spending the night at the Chateau Lake Louise, and the next day visiting Wapta Lake, the Yoho Valley, Emerald Lake, the Kicking Horse Canyon and Golden, arriving at the latter point in time to take the westbound train.

Similar schedules in east-bound direction.

Cost, including transfer and general sight-seeing drive at Banff, but not meals en route or room at Lake Louise, \$18.50.

The Lariat Trail

—Leaving Banff 9.00 a.m. every Monday and Thursday (or on any day with a minimum of 4 passengers) and following the Banff-Windermere Road to Radium Hot Springs, thence turning north along the Golden Highway to Golden, and back along the Kicking Horse Trail.

First night at Radium Hot Springs Bungalow Camp, second night at Emerald Lake Chalet, third afternoon reach Banff.

Cost (not including meals or lodgings) \$30.00.

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This Detour is so timed as to waste no time, but to pick through passengers up soon after their arrival at either Banff (going westward) or Golden (going eastward), and to set them down at the other end of the trip in time to take their train. Special arrangements are made for handling baggage and sleeping-car reservations. The length of the Detour, including a sight-seeing ride round Banff, is 142 miles.

All these trips described as suitable for motors may be made on horseback, or walking, according to the taste of the tourist

The Banff-Windermere Road

HERE IS a trip worthy of your best attention! The Banff-Windermere Road is the same as the Banff-Lake Louise road as far as Castle Mountain, where it crosses the Bow River by a bridge and ascends to the summit of the Vermilion Pass (5,264). From the veranda of Castle Mountain Bungalow Camp (26 miles from Banff) an awe-inspiring view is obtained of the valley lying five hundred feet below, jewelled with lakes that, chameleon-like, reflect the changing colors of the sky, where the pinnaced mountains of the Great Divide point their slender snow-white fingers up to heaven. Here you enter the Kootenay National Park, and pass close to Marble Canyon, a terrific chasm 300 feet deep, over whose terraces of blue and pinkish marble the waters of Tokumn Creek leap in cascades down the canyon.

A little farther on are the Paint Pots, round wells of color once prized by the local Indians. Soon Vermilion River is crossed. This is a region of wild flowers and game, and you will frequently catch a glimpse of a deer, a mountain goat, or even a moose, while the little black bears will actually venture out on the road to stare in wonder at your car, and greedily eat any lumps of sugar or cake you may throw to them.

Then Sinclair Pass is entered—a narrow gorge through crowding mountains. This district is richly provided with natural sulphur springs, and near Radium Hot Springs Bungalow Camp (91 miles from Banff) there is a swimming pool built by the Government. Just beyond is the great sword-cut of Sinclair Canyon. And then one wheels and circles by easy stages down to Windermere, cradled in the Columbia Valley.

This motor run to Windermere forms part of the Circle Road of 600 miles that crosses the summit of the Rockies, and links up in a huge circle Calgary, Banff, Windermere, Cranbrook and Macleod; this Circle Road being in turn linked up at the International Boundary with the Columbia



Iron Gates, Sinclair Canyon, Banff-Windermere Road

Highway out of Portland, Oregon, and the Grand National Circle Tour of the Yosemite, Grand Canyon and Yellowstone Parks.

Lake Windermere

LAKE WINDERMERE is a centre for excursions up Toby Creek and Horse Thief Creek to the great ice fields of the Selkirks, notably the Lake of the Hanging Glaciers. Bathing, riding, boating, fishing and motoring can be enjoyed on the shores of Lake Windermere, and good trout fishing can be found in nearby creeks and some of the smaller lakes.

The Columbia River Highway runs from Golden to Lake Windermere, thus forming, in connection with the Banff-Windermere Road and the Banff-Golden Road, a complete circuit of three National Parks, Banff, Yoho and Kootenay.

The Lariat Trail

A VERY FINE excursion, called "the Lariat Trail," occupying three days, is organized to leave Banff twice a week in the summer months to embrace these three parks. Leaving Banff, it proceeds to Castle Mountain, turns south along the Banff-Windermere Road as far as Radium Hot Springs (where the first night is spent), thence turns north to Golden and east along the Kicking Horse Canyon to Emerald Lake (second night). The third day it runs to Yoho Valley, Wapta Lake, the Great Divide, Lake Louise and Banff.

The Highland Gathering

AT BANFF this year, from August 29th to September 1st, will be repeated the "Highland Gathering," which has proved so remarkably successful since its inception, three years ago.

This is a great Scotch festival of music and sports, to which singers from all parts of America come, and bagpipers from Highland regiments to play in competitions, and in which the sturdy old Scotch sports, and the fine Scotch costume dancing, are to be seen at their best.

A special little booklet will be issued about the Highland Gathering, and will be procurable from Canadian Pacific agencies.

Indian Week

INDIAN WEEK at Banff is one of the most colorful spectacles on the North American continent. Between three and four hundred Stony Indians come from the



Lake Louise

Morley reserve, forty miles east of Banff, for their tribal sports. In the summer of 1930 they will be joined by other tribes in a pageant on a scale greater than ever before (fourth week in July). Each morning they have a parade in which the majority of the Indians take part; the tribe is all mounted, while many splendid horses are used, resplendent in gorgeous trappings and headpieces. The costumes of both men and women are creations of white buckskin, beadwork and ermine, their color schemes being exceedingly wonderful, and they ride with dignity and poise.

Banff National Park

BANFF NATIONAL PARK, of which Banff is the headquarters, is bounded on the west by the inter-provincial boundary between Alberta and British Columbia, and on the east by, approximately, the first big ranges of the Rockies. It has an area of 3,834.5 square miles. No part of the Rockies exhibits a greater variety of sublime and romantic scenery, and nowhere are good points of view and features of special interest so accessible, with so many good roads and bridle paths.

Its principal mountain ranges are the Vermilion, Kananaskis, Bourgeau, Bow and Sawback ranges; its principal river is the Bow, which has for chief tributaries

the Kananaskis, Spray, Cascade and Pipestone rivers. The Panther and Red Deer rivers flow through the north-eastern portion of the Park, which includes part of the Bow River Forest Reserves. Of the many beautiful lakes within the Park, the principal are Louise, Minnewanka, Moraine, Hector, Spray, Kananaskis and Bow Lakes. The Canadian Pacific runs through the middle of the Park, entering at the Gap and following the Bow River.

Alpine Wild Flowers

THE ALPINE wild flowers of the Canadian Rockies are beautiful beyond all description, and vary according to locality and altitude, so that one may each day discover new and lovely blossoms, and find a fresh delight on every mountain slope, in the sun-filled valleys and beside the streams. To appreciate the charm and wonderful variety of these Alpine flowers one has to go on foot, preferably with a flower guide-book in hand, such as can be obtained at the Curio Stand of the hotel.

On the loop at Banff, which is a veritable flower-garden during the months of June, July and August, there follow in quick succession the big purple anemones, clematis, blue and yellow columbines, showy gaillardias, cream and mauve vetches everlasting, red, blue and white wind flowers, goldenrod, bright blue flax and the fragrant little androsaces; while on the slopes of Sulphur Mountain and in similar regions, grow purple phacelia, asters and violets; many tiny species of low-growing plants flourishing near the summits of the hills, such as dryas, moss campion, saxifrage, harebell, stonecrop and fleabane.

As you thread your way through the woods and over the open spaces in the forest, wandering from 4,500 up to 5,500 feet altitude, you will come across the big-headed betony, wintergreens of several kinds, louseworts, gorgeous orange lilies, magenta willow-herbs, scarlet Indian paint brushes, yellow arnicas and hawkweeds; and where you follow along the edge of some ice-born brook, new treasures await you on every hand, among them the fly-spotted orchis, purple butterworts, Grass-of-Parnassus, blue lobelias and lavender mints.

Very rare are the exquisite white moccasin flowers, their velvet sacs, flecked with red, gleaming among the greenery in shady places, the large, white-spotted blue Gentian, and the deep lilac Macoun's Gentian being almost equally uncommon, consequently to find a clump of any one of these three beautiful flowers marks a red-letter day in your summer calendar.



Fishing in the Bow River

The principal trees at Banff are lodge-pole pine, Engelmann's spruce and aspen poplar, the leaves of the latter turning a wonderful clear yellow as autumn advances

Fishing

FIVE VARIETIES of game fish have their habitat in the waters of Banff National Park—the cut-throat, lake, Dolly Varden, bull and brook trout. Close by in the Bow River are plenty of Dolly Varden trout which the expert may catch with the fly; the pools below the Falls, the reaches above the Banff Bridge, and the waters at the junction of the Bow and Kananaskis Rivers being equally good spots in which to cast; while in the Vermilion Lakes are many small fish sufficiently gamy in play to give you fair sport. Farther away in Forty Mile Creek, Mystic Lake and the Sawback Lakes, there is fishing for cut-throat trout during the summer months. All these places may be reached by pony trail.

You can fish the Spray River to advantage, beginning 10 miles south of Banff, and continuing on for another 18 miles to the Spray Lakes, in which both cut-throat and Dolly Varden trout of good size are caught in July and August. It is advisable for fishermen to consult the Fishing Inspector at the Government Offices in Banff

regarding the best means of reaching the more distant fishing grounds, also as to information about other trout-fishing streams and lakes. The season for trout fishing is from July 1st to September 30th. There is no license required for fishing in the Parks, but the legal limit must be observed. Fishing tackle and flies can be obtained at several of the stores in town.

Hunting

WITHIN THE area of Banff National Park one may hunt only with field-glasses and a camera, all game and bird-life being strictly preserved; but once you are outside the Park limits, grizzly, cinnamon and black bear, mountain sheep and goat, moose, caribou, cougar, wolf and lynx may be hunted under the restrictions of the Provincial Game Laws. In certain territory wapiti (or elk) are also included among the big game possibilities. Banff is one of the best outfitting points in the Canadian Rockies, and the tourist who wishes to go out hunting should consult one or other of the local guides, or outfitters in the town.

Astride a Pony

NUMEROUS as are the motor drives about Banff, beautiful as are the spots reached by car, there are many places which can only be approached by trail, astride or afoot, that rank amongst the most attractive play-grounds in the Canadian Rockies. There are short jaunts out from Banff which may be taken in a single afternoon, or in one day—to The Loop, Mount Edith Pass, up to the summit of Stony Squaw, or Sulphur Mountain, the top of Tunnel Mountain, over to the Animal Corral, along to the Cave and Basin and on to the Sundance Canyon, or to the Upper Hot Springs.

The livery agent of the Brewster Transport Company has an office in the Hotel and can arrange for ponies.

The Mountain Pony

THE MOUNTAIN pony, mountain-bred, fool-proof, untiring, can be ridden by practically anyone, whether he or she has ever before been on a horse or not. From Banff Springs Hotel there are good roads and trails radiating in all directions, which are kept up by the National Parks Department. Some trail trips are of one day's duration only; others stretch over several days, necessitating carrying camping outfit. It is customary on all long trips, and even on some short ones, to engage guides who supply horses, tents, food, etc., and do the necessary cooking.



Mount Assiniboine



Out with the Trail Riders

Mount Assiniboine

MOUNT ASSINIBOINE—aptly termed the "Matterhorn of the Canadian Rockies"—rises in impressive grandeur to a height of 11,860 feet in the centre of one of the most magnificent mountain regions in the world. At the foot of this peak, and near the shore of Lake Magog, is situated a comfortable and well-equipped log cabin camp operated by Mrs. W. A. Brewster, well-known for her Dude Ranch at Kananaskis.

Mount Assiniboine Camp is reached from Banff by a two days' horse-back ride over the spectacular new trail by way of Brewster Creek, or by a longer trip via the Spray Lakes. The return journey can be made by travelling the beautiful summit country in the vicinity of Mount Assiniboine, through the heather and flowers of Simpson Pass and then down Healey Creek. A halfway cabin has been established as an overnight stop for the convenience of those making the trip via Brewster Creek.

Mystic Lake

NORTH FROM Banff, there is a very fine trail ride to Mystic Lake, along the side of Mount Norquay and down to Forty-Mile Creek. It cannot be made in one day,



Emerald Lake Chalet

but near Mystic Lake there is a specially-constructed log house with sleeping quarters and cook-stove, where the night can be spent. An extension can be made to Sawback Lake. Organized rides to Stony, Sawback and Mystic Lakes will leave Banff by special arrangement.

Another circle ride, under the auspices of the Trail Riders' Association, this time a six-day one, is operated once a week from Lake Louise around the Bungalow Camps situated in Yoho National Park.

Trail Riders

THOSE who have ridden fifty miles or upwards in the Canadian Rockies are qualified for membership in the Trail Riders of the Canadian Rockies, which affords an unusual opportunity for those interested in trail-riding to get together. The aims of the Trail Riders' Association are, principally, to encourage travel on horseback through the Canadian Rockies, to foster the maintenance and improvement of old trails and the building of new trails, and to encourage the love of out-door life.

Membership is of several grades, according to the distance ridden—50, 100, 250, 500, 1,000 and 2,500 miles. There are now 1,100 members.



Castle Mountain Bungalow Camp

Official Trail Rides

EACH YEAR official rides are held, the first being rounded out with the annual Pow-Wow. This year there are two official rides. The first, or four-day ride, will probably leave Banff, July 31st, for Red Earth Creek, riding by way of Shadow Lake over a new trail into Hawk Creek; then crossing the Banff-Windermere road up Floe Creek to Floe Lake and the Wolverine Plateau, ending with the Pow-Wow at Marble Canyon on August 3rd.

If this trail is not ready, the ride will start from Leanchoil for the Ice River and reach the Wolverine Plateau by way of Moose Creek.

A few days later a ten-day fishing and camping trip will be operated north from Banff, the dates being August 7 to August 17.

Rates for the four-day ride, including horse, food and share of tent, will be \$50.00 (exclusive of bus from Marble Canyon to Banff or Lake Louise—\$3.00). Rates for the ten-day ride will be \$100.00. Riders are required to bring their own sleeping bags, or at least three blankets. Reservations must be made at least fourteen days in advance, as follows—until July 1, to the Secretary-Treasurer, Mr. J. M. Gibbon, Room 324, Windsor Station, Montreal, Que.; thereafter to the Western Secretary, Mr. L. S. Crosby, at Banff.



Canoeing on the Bow River

Alpine Climbing

FOR REAL alpine climbing the services of a skilled mountain guide, preferably one of the Swiss guides attached to the Canadian Pacific Hotels, are indispensable, and such may be obtained by application at the Hotel Office. There are a number of fine ascents in the vicinity of Banff, some of which are visible from the verandas of the Hotel, such as Mount Peechee, Inglismaldie, Edith, Rundle, Three Sisters, Pilot, Brett, Cascade, Aylmer and Assiniboine. Some of these climbs are well within the reach of any person of good physique, while a few, such as Mount Aylmer, Mount Edith and Mount Assiniboine, are much more difficult peaks.

The Alpine Club of Canada

THE ALPINE Club, of Canada, with considerably over 600 members, and headquarters established in a singularly handsome Club House at Banff, holds a Camp each year in the Canadian Rockies, and welcomes all who have the ambition to climb or are interested in any way in the mountains.

What to Wear

FOR REAL comfort when either riding, or walking on the trail, the clothing of men and women is practically the same, the weight of garments worn being regulated by the season and the altitude to be ascended. On general principles the following is a common-sense outfit for expeditions: breeches and coat of closely woven tweed, a flannel shirt and silk neck-handkerchief, thin merino undergarments, straw or felt hat with a brim, woollen stockings (a pair of cashmere socks worn under them on long tramps), stout boots with lightly nailed soles, and a thin slicker.

When on riding or walking expeditions of more than one day's duration, it will, of course, be necessary to add certain things to this list, such as a change of undergarments, sleeping-suit, an extra thick coat (preferably of blanket), canvas shoes and toilet articles reduced to a minimum. If possible always carry a pair of field-glasses and a small camera; they will add enormously to your pleasure. Women making their first long tramp will be well advised to strap up their heels with adhesive tape; to do so may save them from blisters.

Photography

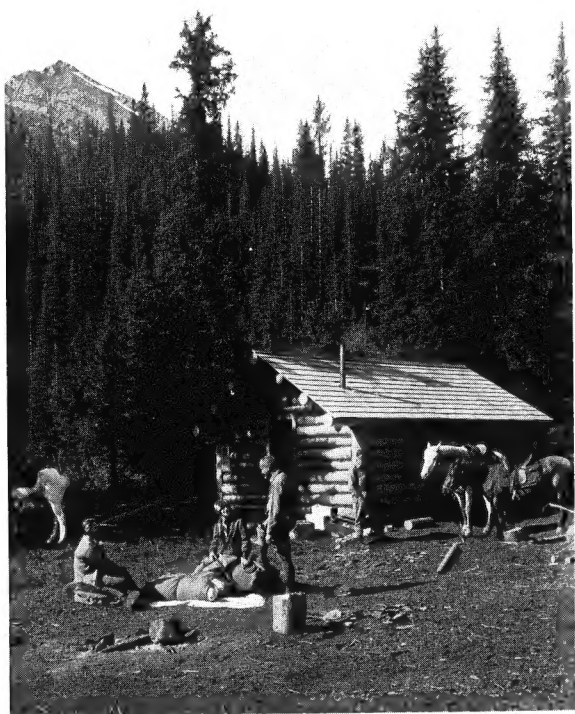
EVERY TURN of the road brings a picture in this fairyland of mountains. Films can be developed and prints supplied by the photographic studio attached to the Hotel (apply at the Curio Stand) or at the excellent photographic stores in town.

Winter Sports

BANFF IS RAPIDLY becoming an important centre for winter sports, the Annual Winter Sports Carnival in early February attracting large crowds. Ski-ing, tobogganing, skating and bob-sledding are amongst the popular attractions.

The Calgary Stampede

ALBERTA, always a country of considerable stock-raising interests, is still one of the principal ranching sections of the West; and in the "Stampede" held at Calgary, the glories of the Old West are revived annually in a week's carnival of frontier sports and contests. The Calgary Stampede has now become a famous frontier-day celebration, and contestants come from all parts of the continent. Cowboys, Indians, Mounted Policemen, old timers, are all to be seen in this Western epic. It will be held in 1930 from July 7th to 12th, and visitors to Banff should stop off at Calgary and participate.



Mystic Lake Trail Riders' Cabin



The "Hoodoos," near Banff

Other Canadian Pacific Hotels in the Rockies

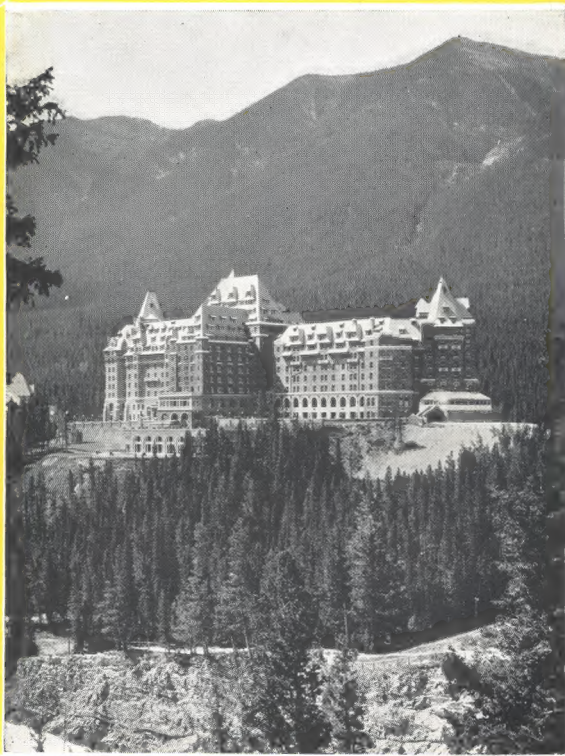
The Chateau Lake Louise, Lake Louise
Emerald Lake Chalet, near Field
Hotel Sicamous, Sicamous, B.C.
Hotel Palliser, Calgary

Bungalow Camps

Yoho Valley Bungalow Camp
Wapta Bungalow Camp
Lake O'Hara Bungalow Camp
Moraine Lake Bungalow Camp
Castle Mountain Bungalow Camp
Radium Hot Springs Bungalow Camp
Mount Assiniboine Camp

**WHAT TO DO AT
BANFF**

in the Canadian Rockies



BANFF SPRINGS HOTEL

A Canadian Pacific Hotel